63.Simmons et al G-8 (1961-1963) 1964
MI Middle East

Plants. The shrub, *Catha edulis*, colloquially known as qat, is extensively cultivated in sections of the western highlands. The leaves yield a stimulant which dissipates fatigue and causes loss of appetite and of desire for sleep. Qat chewing is a popular custom in the Colony and Western Aden Protectorate, as it is in Yemen.

Cases of poisoning, caused by the contamination of imported wheat with grains of *Lolium temulentum* (Darnel grass), are recorded frequently. Species of *Euphorbia* grow in many areas, and contact poisoning is sometimes observed.

Food Sanitation

Regulations governing the sanitary quality of milk, meats and other products are in force only in the Colony. The markets and the slaughterhouses, which are located at four points—in Crater, Tawahi and Maala, on the peninsula, and in Sheikh Othman—are operated under the supervision of sanitary inspectors. Eating houses, coffee shops, date stalls and other premises where foods are prepared or sold, and the aerated water and ice factories, are licensed and inspected from time to time. No controls are exercised over food handlers, however, and many food vendors and workers in small shops are immigrants among whom the standards of cleanliness are generally poor.

Most animals are inspected by veterinary officers at the slaughterhouses, but no post-mortem examinations of the carcasses are made. The dairy cows are housed in municipal or private sheds within the town limits. Samples of milk from commercial herds are collected at regular intervals and tested for adulteration. There are no facilities for pasteurization. Opportunities for the spread of infection through contaminated milk are minimal, however, due to the universal custom of boiling milk before it is used. Brucellosis is enzootic among the goats, and infections undoubtedly are transmitted to man occasionally through cheese and other milk products. Bovine tuberculosis is pre-

63 Simmons et al G-5 (1961-1951) 1954
M1 Middle East

ficiency are widespread. Pellagroid lesions of the skin are often encountered among the people of the Protectorate. In a survey of 518 Arab schoolboys in Aden township in 1949, no cases of overt deficiency were found, but enlargement of the liver, possibly suggestive of low protein intake, was revealed in 27 per cent.

Miscellaneous Conditions

A small outbreak of epidemic muscular rheumatism, classified as Bornholm disease, was reported from Aden in 1946. It involved 35 persons—34 British and 1 Arab.

Hepatic cirrhosis is one of the most frequent conditions seen at the Civil Hospital. Local physicians have noted that most of the cases come from malarious regions where qat is widely used, but the underlying causes have not been investigated.

Chewing the leaves of *Catha edulis*, or qat, is a general custom in Western Aden Protectorate. The leaf juices contain a stimulant, and habitual indulgence is said to produce loss of appetite, sleeplessness and a variety of more serious nervous disorders. Local observers believe that addiction to the drug contributes to the widespread undernutrition among the people.

SUMMARY

The Colony of Aden and the adjacent Protectorate, on the southern coast of Arabia, have been British dependencies for over a century. The population of the Colony, including the port of Aden, was enumerated at 80,516 in the census of 1946, and calculated at over 100,000 in 1950. The Protectorate territory comprises two administrative divisions—Western Aden Protectorate and Eastern Aden Protectorate, in which the estimated population for 1948 was about 330,000 and 300,000, respectively. The local governments are tribal and diverse in organization, ranging from sultanates to smaller autonomous units. The inhabitants of both the Colony and the Protectorate are predominantly Arabs and adherents of Islam.

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